

## Looking After My Mental Health

Information taken from Mental Health Ireland <https://www.mentalhealthireland.ie/five-ways-to-wellbeing/>

The Five Ways to Wellbeing are simple actions to practice each day to maintain or improve our mental health and wellbeing.

The New Economics Foundation developed the set of evidence-based actions in 2008. The project examined research from across the world on proven actions that can help us to feel good and function well.

- Small improvements in wellbeing can increase our ability to lead a more fulfilling life.
- Each action in the Five Ways to Wellbeing can make a positive difference to your life.
- The Five Ways to Wellbeing are free and easy to incorporate into your life.
- You are probably doing some of these actions already without being aware of it.
- To get the most from the Five Ways to Wellbeing, try to combine all of them on a daily basis.
- Take a moment to read through our examples and see how much time you give to the actions each day. Life can be hectic at times, but taking time to incorporate one or more of the Five Ways to Wellbeing can improve wellbeing.

## Connect

**I know at the moment it is not possible to meet friends but you could always video call them on Wats app or Zoom or chat on the phone. You could also write a letter to your friends or to people in nursing homes.**

Make time each day to Connect. Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. By staying connected and nurturing these relationships we feel happier and more secure, giving us a better sense of purpose.



## Be Active

Look for ways to be active everyday. Go for a walk or a run. Step outside. Cycle, play a game, garden or dance. Discover a physical activity you enjoy which suits your lifestyle and level of mobility and fitness. Research has shown being physically active can improve your mental health and wellbeing. **Go for a walk around home, put on youtube videos and get moving.**



## Take Notice

Be aware of the world around you and what you are feeling. Be Curious. Catch sight of the beautiful things in life. Notice the changing seasons. Savour the moment whether you are walking to work, eating lunch or talking to friends. Pay attention to the present moment – to your thoughts, feelings and to the world around you. **Meditation is excellent, we can't travel far from home at the minute but you can bring nature to your home through meditation. You can also pay attention to your thoughts and feelings through meditation practices.**



## Keep Learning

Try something new. Rediscover an old interest. Sign up for that course online. Cook a new recipe. Take on a new responsibility. Setting yourself a new challenge and learning a new skill will increase your confidence which can improve your mental health and wellbeing. **Do activates in this activity hub, it will help with learning new things.**



## Give

Giving to others is good for you. Do something nice for someone else. Thank someone. Volunteer your time or join a community group. See yourself and your happiness linked to the wider community can be incredibly rewarding and create connectedness with the people around you. **You can help out with jobs at home during lockdown.**



**Red writing - information has been added to by Ashling**